



Haywood County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Haywood County School System during the 2007-2008 school year.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Haywood County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies were strengthened in the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 63,224.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ UT Extension | ➤ Michael Banks Law Firm |
| ➤ Health Department | ➤ CompWorks |
| ➤ Scott Street Resource Center | ➤ A Bridge To Recovery |
| ➤ Family Resource Center | ➤ Russell Dental |
| ➤ Boys and Girls Club | ➤ Sherwin Williams |
| ➤ YMCA local branch | ➤ County Court House |
| ➤ Carl Perkins Center | ➤ EW James and Sons |
| ➤ Pathways | ➤ LeBonheur |
| ➤ Juvenile Justice Department | ➤ Lea and Simmons Funeral Home |
| ➤ Department of Children Services | ➤ TenderCare |
| ➤ Professional Services | ➤ Reagon Mufflers |
| ➤ Brownsville Family Practice | ➤ Cute Cut and Styles |
| ➤ First United Methodist Church | ➤ State Farm Agents |
| ➤ Presbyterian Church | ➤ Sanders Seed Company |
| ➤ Baptist Church | ➤ First State Bank |
| ➤ Ministerial Alliance | ➤ InSouth Bank |
| ➤ Riddle Construction | ➤ After School Program (21 st Century Grant) |
| | ➤ Dr. Ellis |
| | ➤ American Cancer Society |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include the school wide 5K Walk/Run and Fun Walk, Hatchie Fall Festival, School Health Advisory Council, and the East Side Fall Festival.

Students have been engaged in CSH activities. These activities include the Hatchie Fall Festival, school wide 5K Walk/Run and Fun Walk, high school cheerleaders helping with the 5K, physical education enrichment program at the Junior High, Backpack Club, Show Choir video to meet our 90 minutes/week of physical activity, and the Junior High Student Health Council.

School Health Interventions

Increased vision and hearing screenings have been conducted in Haywood County since the initiation of Coordinated School Health. The health screenings are not limited to vision and hearing but now include blood pressure and BMI (Body Mass Index). The following is Haywood County's data on School Health Screenings by School Year and Referrals.

School Health Screenings and Referrals to Health Care Providers for the School Year 2007-2008 were 1397 total screened for vision and 263 of those were referred, 1410 total screened for hearing and 14 of those were referred, 1303 total screened for blood pressure and 39 of those were referred, and 1329 total screened for BMI and no referrals were sent home this year.

School Health Screenings and Referrals to Health Care Providers for the School Year 2008-2009 were 1592 total screened for vision and 356 were referred, 1592 total screened for hearing and 28 were referred, 1592 total screened for blood pressure and 57 were referred, 1592 total screened for BMI and no referrals were sent home, and 271 total screened for scoliosis and 5 were referred.

School Health Screenings and Referrals to Health Care Providers for the School Year 2009-2010 were 1586 total screened for vision and 27 were referred, 1586 total screened for hearing and 17 were referred, 1345 total were screened for blood pressure and 70 were referred, and 1345 total screened for BMI and no referrals were sent home this year.

School Health Screenings and Referrals to Health Care providers for the school year 2010-2011 were 1544 screened for blood pressure and 108 referred, 1560 screened for vision and 46 referred, 1563 screened for hearing and 18 referred, 1554 screened for BMI and 715 referred (our first year to send BMI referrals home)

The Coordinated School Health Program monitors the amount of students seen by the school nurse and the number that returned to class versus leaving school. The following school year and percentage corresponds to Haywood County's return to class percentage. 91% of the students seen by the school nurse during the school year 2007-2008 were sent back to class, 91% of the students seen by the school nurse during the school year 2008-2009 were sent back to class, 86% of the students seen by the school nurse during the school year 2009-2010 were sent back to class 90% of the students seen by the school nurse during the school year 2010-2011, were sent back to class.

Since conception of the Coordinated School Health Program in Haywood County, the school's wellness policy has been strengthened and a website has been developed for parents and

community members to utilize. A mental health policy has also been developed and will go before the School Board next school year.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In Haywood County, our current BMI data indicates 16% of our students are overweight and 27% are obese. 2007-2008 school year, we had 18% that were overweight and 28% obese compared to the 2009-2010 school year of 16% overweight and 26% obese, 2008-2009 school year, we had 17% that were overweight and 28% obese compared to the 2010-2011 school year of 16% overweight and 27% obese.

This indicates a decreased trend of overweight and obesity by 6%, approximately 46 students or 4% in the first group and 48 students or 2% in the second group.

Through a partnership with the LeBonheur Mobile Unit, they have provided thorough health screenings, follow ups and sports physicals to our students. During the first partnership year of 2010-2011, there were approximately 110 physicals performed, 25 follow ups, multiple sports physicals conducted and nutrition education provided to the parents and students.

Coordinated School Health has connected families to medical care through local financial resources and CoverKids Insurance applications.

Many items have been purchased with CSH funds to enhance school health efforts. Some of these items include four walking trails, Michigan Model curriculum for health education, Take 10! Curriculum, exercise equipment for physical education classrooms and incentive programs, fruits and vegetables for nutrition education programs, pedometers, Dance Dance Revolutions, exercise videos for the classrooms, exercise equipment for the staff, stability balls for classrooms to decrease behavior issues and increase core muscle tone, and health screening equipment for students and staff wellness.

Professional development has been provided to school staff which includes annual TAPHERD convention, Tennessee State Nursing Conferences, internal physical education in-services, B.R.A.I.N. state funded concussion program, Michigan Model training, Right Choices Abstinence Only Education training, Take 10! training, child abuse reporting by the Department of Children Services, and stress management.

School faculty and staff have received support for their own well-being through various health and fitness programs including the summer Shape Up Program, Scale Down Program, walking programs, onsite flu shots, exercise equipment placed at various schools, health information/awareness flyers, Zumba classes, toning classes, yoga classes, free cholesterol screenings and Teacher appreciation events, and suicide prevention workshops/training.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – The American Lung Association’s “Open Airways” Curriculum for asthmatic students, Farmers Market, Food Youth Initiative, TAR WARS curriculum, community nutrition classes for parents, Way To Go Kids nutrition and physical education curriculum, sex education curriculum, promotion/awareness of National Nutrition Month, and the Middle School Youth Risk Behavioral Survey;

- Physical Education/Physical Activity Interventions – home exercise programs, school wide 5K Walk/Run and Fun Walk, Walk Across America, Walking Works for schools, physical activity during the Summer Enrichment Program, Fitness Gram 9 program to begin during the 2011-2012 school year to better link a connection between health and academics, and dance classes for the secondary education students;
- Nutrition Interventions – Registered Dietitian met with various students who had diabetes, high cholesterol, high blood pressure and high BMIs, community nutrition classes for parents, Way To Go Kids curriculum, farmers markets at various schools, vending food machines at the high school were changed to include only healthier options, and the Backpack Program
- Mental Health/Behavioral Health Interventions – organized a mental health team, signed Memorandums of Understanding, developed a mental health policy that is to be reviewed and implemented, and organized a yearly in-service of all new teachers with the Department of Children Services.

The Haywood County School System in partnership with the ministerial community implemented a Backpack Program that sends food home with identified children for the weekends. We served approximately 2,900 food packages this school year. A teacher survey indicated that children within this program showed improvements in behavior, social activity, enjoyment of class and going home, alertness on Monday mornings, and emotions.

In such a short time, CSH in the Haywood County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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